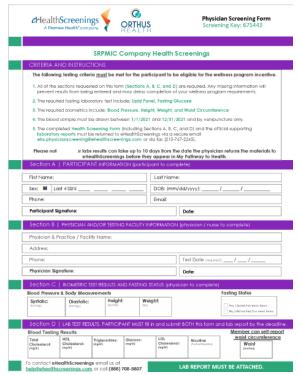
Completing the annual *Know Your Numbers* Biometric Screening with your personal physician.

Every year between August 1st and October 31st WellPath participants (WellPathians) assess their health in a meaningful way through and process affectionately referred to as *Know Your Numbers (KYN)*. You can always find information about KYN at www.wellpath.info/kyn.

KYN consists of 1) A WellPath Orientation, 2) KYN Biometric Screening and 3) KYN Health-Risk Assessment. The best place to start is on the MyPathwaytoHealth.com portal.

The SRP-MIC-sponsored health plan covers an annual physical and preventive blood work 100% with no deductible or copay required. Simply schedule with your personal physician and download the KYN Screening form from the MyPathwaytoHealth.com portal. It looks like this:



Take the form with you to your physical with your doctor and ask them to fill it out and return it by their secure e-mail or fax.

When Orthus receives your KYN Screening results they report to WellPath that you have completed the screening and your MyWellPath account is updated for you.

The results from your KYN Screening are entered into your KYN Health Risk Assessment. Now your KYN Health Risk Assessment report includes this important health information to provide a comprehensive assessment of your health.

If you have completed the WellPath Orientation and the Health Risk Assessment prior to the KYN Screening, congratulations! You have completed the KYN Assessment Process, and 100 points will be credited to your MyWellPath account to be redeemed for the incentive of your choice.

New to the KYN process this year: If you schedule a **KYN Consultation with your WellPath Coach** you earn an additional 50 WellPath Points. With your permission your WellPath Coach can access your KYN information to review with you. You and your coach can also look at past KYN results (in years to come) to see if health factors are improving or declining. It's easy and you can meet with a coach online or at the worksite.

If you like you can set a Health Enhancement Goal to improve your health. When you successfully complete the goal you will earn 100 WellPath Points. Coaches can also help you qualify for the Exercise incentive of 50 points for 3-months of consistent, effective, and safe exercise.

The KYN process is the best way to make sure you maintain good health over the years. So here is he break down of the incentives you may receive: If you complete the KYN assessment process you earn 100 WellPath Points. If you have a KYN consultation with a Wellpath Coach you earn 50 WellPath Points. Set and achieve a Health Enhancement Goal for 100 points and consistently exercise for a year and earn 200 WellPath Points. That's 450 points worth \$450 to assess, and improve your health, or maintain good health each year. For more information visit www.wellpath.info/kyn or e-mail wellness@srpmic-nsn.gov.